

Group Exercise and SilverSneakers®

June 2014

TLRC membership is NOT required to join a group exercise class; however, registration fees apply. For more information about registration or to sign up, visit the TLRC front desk or bloomington.in.gov/TLRC.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 a.m.		SilverSneakers® Circuit		SilverSneakers® Circuit Nia®		Boot Camp
9:30 a.m.	Turf Time for Toddlers SilverSneakers® Classic	SilverSneakers® Circuit	Turf Time for Toddlers SilverSneakers® Classic	SilverSneakers® Circuit		
10 a.m.						
10:30 a.m.	SilverSneakers® Yoga	SilverSneakers® Classic	SilverSneakers® Yoga	SilverSneakers® Classic		ZUMBA® Gold*
1:30 p.m.						Kick-n-Core*
5:30 p.m.	Nia®	Boot Camp	20/20/20	ZUMBA®*		
6 p.m.			Beginning Yoga*			
6:30 p.m.	Yoga* ZUMBA®*	Pilates*				
7:30 p.m.	Kickboxing*					

*These classes are FREE for Twin Lakes Recreation Center members! Register at the front desk by July 13 for the second summer session.

SPECIAL EVENTS

Bring a Buddy Day:

First Thursday of each month. Bring a friend to work out for FREE!



SilverSneakers® Lunch

June 16
10:30 a.m.
SilverSneakers® Yoga does not meet on this date.



Group Exercise Second Summer Session trial week

Try a class for free July 6-12. Second summer session runs through August 23.



1700 W. Bloomfield Rd.
812-349-3720

Summer hours: June 1–September 1

Mon.–Fri. 5 a.m.–8 p.m.
Sat.–Sun. 7 a.m.–8 p.m.



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